

Clinical Trials
Bone and Nutrition Lab, Rutgers University
Goals: prevention and treatment of osteoporosis and obesity

Contact
RUWtLoss@gmail.com
Clinical Lab - 732-932-9734
Laboratory - 732-932-6656

NIH-funded Clinical Trials

Weight Loss Study for Postmenopausal Women and Men (greater than 50 years)

Objective: To determine effect of nutrient intake during weight loss on bone mass and quality

WHAT'S INCLUDED?

- FREE nutrition counseling and individualized diet plan from a Registered Dietitian
- FREE Bone Scan
- FREE Body Fat Testing
- FREE Metabolic Test
- FREE Multivitamins/minerals (NO DRUGS INVOLVED)

ARE YOU ELIGIBLE?

- Ages 50-70 years
- BMI 25-35
- Not taking any osteoporosis medications

If you fit the criteria listed above, you may be eligible. CONTACT us to find out more. 732-932-9734

Nutrition and Bariatric Surgery for Women

Objective: To examine usual and higher levels of protein intake during severe weight loss following surgery on bone turnover, mass and quality.

ARE YOU ELIGIBLE?

- Plan to have Bariatric Surgery
- Not taking osteoporosis medications

The major focus is to determine how loss of body weight contributes to the risk of osteoporosis. Evidence shows that subjects who diet and lose weight also lose bone.

Our goal is to prevent bone loss during caloric restriction. Bone turnover is measured in the urine and blood. Calcium absorption and bone-regulating hormones are examined in these studies to address mechanisms of regulation. In addition, studies examining gastric bypass patients are in progress to understand how obesity surgery influences calcium homeostasis and bone mass. Nutrients such as protein and vitamin D are a current focus in the lab.

STAFF

Principle Investigator

Sue A. Shapses, Ph.D., R.D.

(Professor, Nutritional Sciences, Rutgers University)

PhD, Columbia University in 1988

Internship, Strong Memorial Hospital, Rochester, NY, 1980



Physicians

Dr. Steven Schneider, MD (RWJUH-UMDNJ, New Brunswick, NJ)

Dr. Robert Brolin, MD, FACP (NJ Bariatrics in Plainsboro, NJ)

Statistician - Yvette Schlussel, Ph.D.

Dietitians – Scott Schefske, RD; Janet Brun, RD

Conduct nutrition counseling sessions focused on behavior modification for weight loss. Also, provide nutrition support and guidance to all participants.

Graduate Students

Deeptha Sukumar, MS, *Graduate Assistant*; Deeptha is a 3rd year doctoral student in the Department of Nutritional Sciences and has primary responsibility for clinical trials

Jane Kwon, BS, *Research Assistant*; Jane has worked in the lab for the past 3 years, and helps to manage and coordinate the clinical trials.



Lab Researcher III - Hasina Ambia-Sobhan, BS

Senior level technician who has worked in the laboratory and clinical trials for more than 20 years. Hasina is also responsible for teaching all students in the laboratory.

Clinical: Weight Management

Clinical Assistant

Robert Zurfluh, BS, RD –Robert has been in the lab for the past 3 years and works part-time to assist in diet counseling and coordination of the volunteers.

Radiology Technicians - Alicia Charles, RT; Lara Pearson, RT

Certified radiologists are trained to perform bone densitometry measurements.

Phlebotomists - Angela Oni, CPT; Zerida Martinez, CPT